

WEEKLY MENU PLAN

# JAN



06 - 10/01/2025

MONDAY

PUBLIC HOLIDAY

TUESDAY

Braised veal with xylopites pasta

Grilled fresh minced meat kebab with pita, yogurt, tomato & onion served with baked potatoes

Leek & rice with carrots & dill



WEDNESDAY

Roasted chicken with estragon sauce & Lyonnaise potatoes

Andros froulalia with country sausage & potatoes

Giants slow-cooked in the oven



THURSDAY

Pork with celery & egg-lemon sauce

Grilled fresh minced meatballs with feta cheese, mint, ouzo & Cypriot talantouri & groats with sun-dried tomato

Peas with celery root & fennel



FRIDAY

Tandoori chicken with yogurt sauce & Couscous with colorful vegetables

Spaghetti pasta with fresh cherry tomato sauce & basil pesto

Traditional Sifneiki chickpea



# WEEKLY MENU PLAN

# JAN

gefsinus<sup>®</sup>  
FOOD CULTURE

13– 17/01/2025

## MONDAY

Chicken meatballs with tomato & marjoram sauce & Saffron rice

Pasta au gratin with mushrooms & yellow cheeses

Bean soup



## TUESDAY

Patties with oats, cheese, sour milk, tomato, pepper & basil & Baked potatoes with mustard

Farfalle pasta with sundried tomato, feta P.D.O. cheese & olives

Peas with lemon sauce, artichokes & herbs



## WEDNESDAY

Roasted chicken with orange sauce & Polenta with Parmesan cheese

Tagliatelle pasta with spinach cream, leek & feta P.D.O. cheese

Green beans with olive oil stew, fresh tomato & potatoes



## THURSDAY

Marinated pork kontosouvli with country potatoes

Cabbage with white & red quinoa, Florins peppers & cumin

Yiouvarlakia made of fresh minced with egg – lemon sauce



## FRIDAY

Mosaic grilled chicken with vegetables, cheese & herbs served with baked baby potatoes with cherry tomatoes

Rigatoni pasta with fresh tomato sauce, diced eggplant & Sicilian bacon

Traditional stuffed tomatoes & peppers with rice & fresh herbs



# WEEKLY MENU PLAN

# JAN

gefsinus<sup>®</sup>  
FOOD CULTURE

20- 24/01/2025

## MONDAY

Pork with lemon sauce,  
leek & fennel



Lasagna pasta with  
Bolognese layers of  
fresh minced meat &  
mozzarella cheese

Vegetable bream  
with fresh tomato



## TUESDAY

Grilled fresh minced  
meat patties with  
Roquefort sauce &  
basmati rice

Wholegrain penne  
pasta with pieces of  
chicken, mushrooms,  
milk cream & Cretan  
graviera cheese

Beans with myronia,  
spinach & fennel



## WEDNESDAY

Breaded cod fillet &  
potato salad with yogurt  
tartar sauce

Tortellini pasta with  
cream, peas, pork  
shoulder, tomato &  
basil

Traditional baked  
okra



## THURSDAY

Grilled pork steak with  
fresh tomato sauce &  
baked potatoes with  
mustard

Farfalle pasta with  
salmon, vodka & chives

Chickpeas with leek,  
courgettis, carrot &  
yellow curry paste



## FRIDAY

Fried chicken in  
parmesan cheese &  
parsley batter served  
with mashed potatoes

Spaghetti pasta  
Bolognese made from  
fresh minced meat

Traditional lentil  
soup



# WEEKLY MENU PLAN

# JAN



27 - 31/01/2025

## MONDAY

Grilled chicken fillets with baby baked potatoes

Pork bites with sun-dried tomato & feta P.D.O. cheese, served with pilaf & peas

Green beans with olive oil stew



## TUESDAY

Sweet & sour chicken with basmati rice

Grilled patties with fresh ground beef & baked potatoes with mustard

Artichokes flavored with lemon ala polita



## WEDNESDAY

Chicken soup with egg & lemon

Tricolor screws shaped pasta with sun-dried tomato, feta cheese & olives

Cassoulet beans with sausages & vegetables



## THURSDAY

Fresh minced meatballs a la mafia with celery puree

Tacos with chicken, tomato, pepper, corn & cheddar cheese

Traditional vegetable Briam flavored with fresh mint



## FRIDAY

Roasted chicken with country roasted potatoes

Linguine pasta with milk cream, fresh mushrooms & white wine

Traditional stuffed tomatoes-peppers with rice & fresh herbs

